



Starbucks



Pizza Hut

Calories Tot Fat Tot Carb Tot Protein Cholesterol Sodium Carbs Fiber

Drinks, grande (16 oz.) w/whole milk

| | |
|-----------------------------------|-----|
| Coffee Latte | 130 |
| Coffee Mocha w/whip | 290 |
| Coffee Mocha w/o whip | 230 |
| Cappuccino | 80 |
| Caramel Macchiato | 190 |
| Iced Coffee Latte | 90 |
| Iced Coffee Mocha w/whip | 290 |
| Iced Coffee Mocha w/o whip | 230 |
| Iced White Chocolate Mocha w/whip | 420 |

Drinks, grande (16 oz.) w/whole milk

| | |
|-----------------------------------|-----|
| Coffee Latte | 130 |
| Coffee Mocha w/whip | 290 |
| Coffee Mocha w/o whip | 230 |
| Cappuccino | 80 |
| Caramel Macchiato | 190 |
| Iced Coffee Latte | 90 |
| Iced Coffee Mocha w/whip | 290 |
| Iced Coffee Mocha w/o whip | 230 |
| Iced White Chocolate Mocha w/whip | 420 |

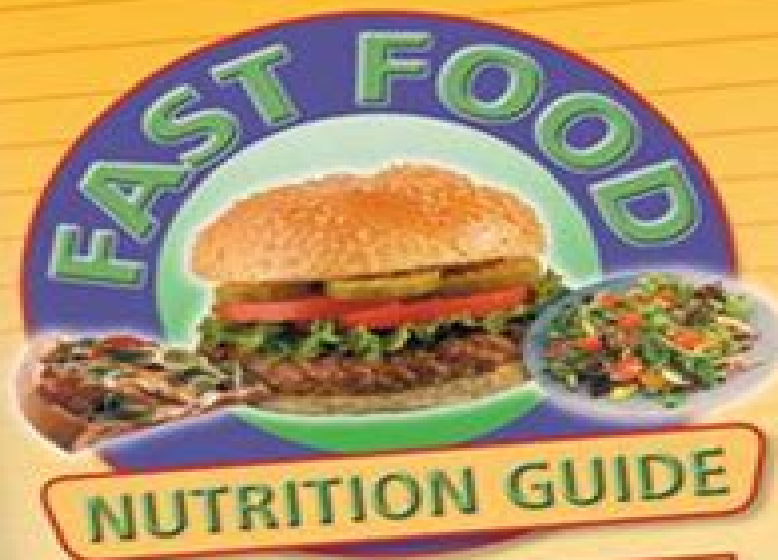
Frappuccinos®, grande (16 oz.), blended

| | |
|-----------------------|-----|
| Caramel w/whip | 380 |
| Caramel w/o whip | 270 |
| Cinnamon Dolce, light | 140 |
| Espresso, light | 110 |
| Mocha w/whip | 340 |
| Mocha w/o whip | 260 |

Frappuccinos®, grande (16 oz.), blended

| | |
|-------------------------------|-----|
| Strawberries & Cream w/whip | 170 |
| Strawberries & Cream w/o whip | 140 |
| Vanilla Bean w/whip | 420 |
| Vanilla Bean w/o whip | 350 |

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Helps you make heart-healthy choices by giving calorie, fat, sodium, cholesterol, carb and fiber counts for over 1,000 items from today's most popular restaurants.

| Calories | Tot Fat | Tot Carb | Tot Protein | Cholesterol | Sodium | Carbs | Fiber |
|----------|---------|----------|-------------|-------------|--------|-------|-------|
| 12 | 6 | 0 | 35 | 820 | 58 | 2 | |
| 14 | 6 | 0 | 35 | 740 | 57 | 2 | |
| 14 | 8 | 0 | 40 | 890 | 58 | 2 | |
| 15 | 6 | 0 | 35 | 740 | 29 | 1 | |

| | | | | | | | |
|-----|---|---|----|-----|----|---|--|
| 4.5 | 2 | 0 | 20 | 100 | 24 | 2 | |
|-----|---|---|----|-----|----|---|--|

| | | | | | | | |
|---|-----|---|----|-----|----|---|--|
| 4 | 1.5 | 0 | 10 | 400 | 24 | 2 | |
|---|-----|---|----|-----|----|---|--|

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|----|----|---|----|------|----|---|--|
| 24 | 10 | 0 | 60 | 1250 | 58 | 2 | |
|----|----|---|----|------|----|---|--|

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|----|----|---|----|------|----|---|--|
| 17 | 10 | 0 | 60 | 1170 | 57 | 2 | |
|----|----|---|----|------|----|---|--|

| | | | | | | | |
|---|----|-----|----|------|----|---|--|
| 6 | 12 | 0.5 | 30 | 1570 | 58 | 2 | |
|---|----|-----|----|------|----|---|--|

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|---|---|---|----|-----|----|---|--|
| 5 | 7 | 0 | 35 | 900 | 57 | 2 | |
|---|---|---|----|-----|----|---|--|

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|---|---|---|----|-----|----|---|--|
| 9 | 7 | 0 | 35 | 850 | 57 | 2 | |
|---|---|---|----|-----|----|---|--|

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| 1 | 8 | 0 | 45 | 1060 | 59 | 2 | |
|---|---|---|----|------|----|---|--|

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|---|---|----|-----|----|---|--|--|
| 6 | 0 | 35 | 860 | 28 | 1 | | |
|---|---|----|-----|----|---|--|--|

| | | | | | | | |
|---|---|----|-----|----|---|--|--|
| 5 | 0 | 35 | 820 | 59 | 2 | | |
|---|---|----|-----|----|---|--|--|

| | | | | | | | |
|---|---|----|-----|----|---|--|--|
| 4 | 0 | 35 | 750 | 51 | 1 | | |
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| 8 | 0 | 40 | 900 | 59 | 3 | | |
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| 8 | 0 | 40 | 890 | 58 | 2 | | |
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|-----|---|----|-----|----|---|--|--|
| 4.5 | 0 | 20 | 770 | 59 | 3 | | |
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| 4.5 | 0 | 20 | 690 | 58 | 2 | | |
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| 4 | 0 | 20 | 710 | 50 | 2 | | |
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| 1.5 | 0 | 0 | 140 | 18 | 1 | | |
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|---|---|---|-----|----|---|--|--|
| 0 | 0 | 8 | 440 | 12 | 2 | | |
|---|---|---|-----|----|---|--|--|

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|-----|---|---|-----|----|---|--|--|
| 1.5 | 0 | 0 | 200 | 26 | 1 | | |
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|---|---|----|-----|---|---|--|--|
| 2 | 0 | 65 | 500 | 1 | 0 | | |
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| 15 | 0.5 | 85 | 1740 | 75 | 4 | | |
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| 12 | 0.5 | 70 | 1420 | 70 | 3 | | |
|----|-----|----|------|----|---|--|--|

| | | | | | | | |
|---|-----|----|------|----|---|--|--|
| 2 | 0.5 | 65 | 1540 | 68 | 3 | | |
|---|-----|----|------|----|---|--|--|

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|---|-----|----|------|----|---|--|--|
| 1 | 0.5 | 70 | 1750 | 74 | 4 | | |
|---|-----|----|------|----|---|--|--|

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| 5 | 1 | 805 | 1670 | 45 | 5 | | |
|---|---|-----|------|----|---|--|--|

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Nutrition Guide To Fast Foods

DP Hallahan



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